Disturbingly drug-resistant superbug gene finds its way into Canada
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TALKING SMOKE A GLOSSARY OF VAPING TERMS
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A.D.V.
Creamy THROAT
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Ottawa metro

Your essential daily news | TUESDAY, JANUARY 5, 2016 High -9°C/Low -10°C Sunny

SEIZE THE COLD

Hardy Ottawans hit the rinks, trails and paths despite a low of -21
metroNEWS

MICHAEL WOODS/METRO

'We are a last resort'

INVESTIGATIONS

Provincial watchdog can probe city hall complaints

Lucy Scholey
Metro | Ottawa

Anyone griping about city hall has a new avenue to lodge complaints, now that Ontario's ombudsman has expanded powers to investigate municipalities.

As of Jan. 1, the provincial independent watchdog can now look into complaints about municipalities and universities.

But here in Ottawa, residents will continue lodging complaints to the integrity commissioner, a local independent investigator who handles complaints about city council.

"We are a last resort," said acting ombudsman Barbara Finlay.

That is, if a resident disagrees with how the integrity commissioner handled a case, she can take it to the Ontario ombudsman.

Only about 50 of 444 Ontario municipalities have integrity commissioners. Residents in the remaining municipalities were left with "nowhere to turn" with their complaints, said Finlay.

Her office is looking to change that. They are encouraging municipalities to set up their own independent complaints mechanisms.

Meanwhile, the ombudsman's office has received about 30 complaints since Jan. 1.

Bill 8, which expanded the ombudsman's mandate, passed in December 2014. Since then, the office has received 2,227 complaints about municipalities and 70 about universities (if yours is included in the mix, you will have to re-submit it).

The Ontario ombudsman can make recommendations to municipalities, universities and school boards, but they are not binding.

metro NEWS
Your essential daily news
Tuesday, January 5, 2016

Weather impacting Ontario icewine
Shifting winds of winter in recent years ferment fear for Ontario's icewine industry.
BUSINESS

Countdown is on for Rideau Skateway and Baitshop Bay

OPENING DAY

Official says 30 centimetres of ice is required for skating

Haley Ritchie
Metro | Ottawa

Now that the temperature is well below the freezing mark, it almost looks like winter in Ottawa. All that's missing are people skating, drinking hot chocolate and eating beavertails on the Rideau Canal.

It could be a while before that changes, according to the National Capital Commission, which said Monday that it's "too early to speculate on the timing of the opening of the Skateway."

"The weather decides the opening," said Jasmine Luduc, a spokeswoman for the NCC.

Luduc said the canal requires a minimum of 30 centimetres of "good quality ice" to open to the public.

How long that ice takes to form will depend on this month's temperatures.

The water needs to reach a uniform temperature of 4C before ice even begins to form, and the unusually high temperatures over December will guarantee a short season this year.

Even with the warm weather, the canal rarely opens before mid-January, so it's not unusual not to see skaters.

Even if quality ice does form — allowing the canal to open —intermittent warm temperatures could mean less skate days than normal.

"Until the opening, the NCC urges everyone to keep personal safety in mind and asks pedestrians and skaters not to venture onto the Rideau Canal Skateway," said Luduc.

The canal isn't the only waterway where people are waiting for ice.

Baitshop Bay — the annual fishing village that appears next to Petrie Island in the east end each year — is still closed.

While the signs and change stations have been in place for months along the Rideau Canal, it'll still be a while before the ice is safe to skate on. MICHAEL WOODS/METRO

Last year, the village's ice fishing season started late December, but warm temperatures mean it will be awhile before the ice is ready.

The Petrie Island Ice Fishermen's Association is still confident the ice is on the way — the group announced last weekend that it annual fishing derby, which raises money for CHEO, will take place Feb. 13.

MAINTENANCE

There's a serious science behind the canal's ice and its maintenance.

The NCC's guidelines follow advice from a National Research Council ice expert and researcher, Nirmal Sinha. The process of building and maintaining the ice layer is detailed on the NCC's website, along with photos of the canal and the process of keeping it skateable.

SEASON RECORDS

The canal has seen a lot of odd winter weather over its 46-year run as a public skating rink. The record-breaking years:
Longest season: 1971–72, lasting 90 days
Shortest season: 2001–02, lasting 35 days (26 skating days)
Earliest opening: Dec. 18, in both 1972 and 1981
Latest Skateway opening: Feb. 2, 2002
Earliest Skateway closing: Feb. 13, 1984

POLICE

No more front desk at some stations

The decision to close off public access to front-desk services at the Leitrim and Greenbank police stations as of Friday will free up the services of two officers — and other staff who cover for them in their absence.

The front-desk closures mean residents won't be able to go there for background checks, which accounted for 80 per cent of the officers' workload.

"When we did the workload analysis it was very, very apparent that we have sworn members there that we weren't making the best use of," said acting Supt. Samir Bhatnagar, who is responsible for the Ottawa police district directorate, which includes front-desk services.

"It's all about making the best use of our resources. And to have sworn members at those two locations … processing background checks wasn't the best use of their resources."

The officers will be redeployed to other police stations.

The move echoes similar changes at other policing organizations, such as the Kingston Police Service, which recently closed its front-desk services to the public after 9 p.m., Bhatnagar said.

The redeployments also are being made in anticipation of plans to tear down and build a new Nepean police building, then turn the Leitrim station back over to the city.

Demolition of the Greenbank station, at 245 Greenbank Rd. in Nepean, identified in the 2013 police facilities strategic plan, is scheduled to take place sometime after staff move out in 2021 — though that hinges on when a new south station in Barrhaven will be constructed.

"A lot of people in that building would go to south (station)," said Pamela Mills, director of police facilities. Most Barrhaven staff would likely be relocated by 2021 to that city-owned property on Lodge Road, off Prince of Wales Drive, she added.

Construction of a new Greenbank station is expected to be completed in 2025.

The Leitrim station at 4561 Bank St. was to have been returned to the city in 2020, but that has been pushed to 2021 because of a reduced 2016 facilities reserve fund.

ERIN MCCRACKEN/METROLAND MEDIA

WINCHESTER

Funeral home operators expand

Michael Woods
Metro | Ottawa

Funeral home operators Hulse, Playfair & McGarry are expanding to Winchester, about 60 kilometres south of Ottawa.

Owners Sharon McGarry and Patrick McGarry said in a release that the company acquired Daniels Funeral Chapel in December.

The release said the acquisition "should be seen as reconfirmation of the company's long term commitment to the National Capital Region and surrounding municipalities."

"At a time when many locally owned funeral service providers are selling to larger corporations we are delighted to be expanding our operations." Patrick McGarry said.

Hulse, Playfair & McGarry is in its 90th year of operation and now has six locations, including three in Ottawa on Woodroffe Avenue, McLeod Street and Ogilvie Road. The Winchester location will be called Hulse, Playfair & McGarry, Daniels chapel. Previous owners Jim and Mona Daniels are staying on.

IN BRIEF

Police investigate Sandy Hill shooting
Ottawa Police are investigating the first shooting of 2016, which happened in Sandy Hill on Sunday evening.

Police were called to the 100-block of Goulburn Avenue between Somerset Street and Templeton Street at 11:30 p.m. after multiple gunshots were heard.

Police said no injuries were reported. Anyone with information regarding this investigation is asked to call Ottawa Police's Guns and Gangs Unit at 613-236-1222, ext. 5050. HALEY RITCHIE/METRO

ELGIN STREET P.S.

English program could be moved

The Ottawa-Carleton District School Board is asking parents to weigh in on a plan to shift students away from the overpopulated Elgin Street Public School.

Board officials said the downtown elementary school is at 30 per cent over capacity and is using two portables to house students.

As a solution to growing enrolment, the board is proposing relocating the school's English program to Centennial Public School, 1.6 kilometres from Elgin Street Public School. Boundary lines for the French immersion program could also be changed.

"There is simply no instructional space available to accommodate the school's projected number of students," reads the public notice released by the board. Two public consultations are planned before the final changes are made. On Jan. 6 the public is invited to a presentation in Elgin Street Public School's gym at 7 p.m. A second input session is planned for Jan. 20 in Viscount Alexander Public School's gym at 7 p.m.

A final decision on the plan would be presented at a board meeting in February.

HALEY RITCHIE/METRO

TRAFFIC SAFETY

Police watch for tailgaters

Ottawa police have a warning for drivers: Give yourself time to stop.

Traffic cops will be on the lookout for tailgaters and people running stop signs this month as part of its selective traffic enforcement program, also known by the acronym STEP.

Each month, police in Ottawa and Gatineau focus on particular traffic violations, depending on the season. In January, following too closely is especially dangerous when the roads can be unpredictable and slick, said Ottawa police spokesperson Const. Chuck Benoit. And drivers who don't give themselves enough time to brake may find themselves sliding through stop signs on icy roads.

Neither experience is a laughing matter.

Between 2007 and 2011, tailgating was linked to 24,487 collisions, 6,872 injuries and eight deaths in the city, according to Safer Roads Ottawa.

Between 2008 and 2012, drivers running stop signs caused another 3,383 collisions, injuring 998 people and killing six.

Either infraction — assuming you don't actually cause an accident — could cost you $110. Running a stop sign would ding you three demerit points, while following too closely would cost you four, Benoit said.

Benoit said STEP chooses its monthly focus based on weather patterns and peaks in collision causes. In the summer months, officers may concentrate on keeping cyclists and pedestrians safe, he said, while in winter the program considers how weather can impact road safety.

EMMA JACKSON/METRO

SENTENCED HARPER BANDMATE GETS TWO YEARS' JAIL Phillip Nolan — seen far right with bandmates from former prime minister Stephen Harper's occasional rock band Herringbone in Toronto in 2013 — has been sentenced to two years in jail on sexual exploitation charges. The former elementary school teacher, who once played drums in Harper's band, pleaded guilty in October to two counts of sexual interference involving a 13-year-old girl. THE CANADIAN PRESS

Crack down on illegal snow dumping, councillor urges

WEATHER

Sidewalk-clearing efforts hampered by piles from lots

Emma Jackson
Metro | Ottawa

The city needs to curb illegal snow dumping to keep pedestrians safe, says Kitchissippi Coun. Jeff Leiper.

The rookie councillor said Monday that bylaw officers should be issuing more tickets and even threatening to revoke licences when private plows push snow onto public sidewalks and roads.

"This kind of behaviour is putting residents at risk," Leiper said. "Even if the charge doesn't necessarily stick, forcing them to fight that fight is probably worthwhile."

Roads manager Luc Gagné complained Sunday that the city's sidewalk clearing efforts during the winter storm on Dec. 29 were hampered by an "epidemic" of illegal snow dumping from private lots and laneways.

> **Even if the charge doesn't … stick, forcing them to fight that fight is probably worthwhile.**
> Kitchissippi Coun. Jeff Leiper

The resulting piles can force pedestrians into the road, or strand those who can't scale towering snowbanks, Leiper said.

Joey Roberge, who owns JR Lawn and Snow, said bylaw officers usually take a collaborative approach when his company's plows accidentally block city property like hydrants or sidewalks.

"We get along with the bylaw guys very well. If we have any issues they call us," Roberge said.

It's sometimes hard to tell where a private lot ends and the sidewalk begins, Roberge added.

"It was the first storm of the year and it's basically a field of white out there," he said. Rookies in particular can end up piling snow where it's not allowed, at least until they learn their route.

"Once things get plowed and everything is into a regular routine, then you can see the berms that show there's a sidewalk here," Roberge said.

Leiper spent the final days of 2015 documenting shoddy snow clearing work after Mother Nature dumped more than 20 centimetres on the capital.

He said the city was mostly to blame for the unplowed sidewalks, which he documented extensively on Twitter. He planned to discuss the issue with city staff on Tuesday.

Katimavik resident Mark Plummer sits atop the podium at the Commonwealth Powerlifting Championships on Dec. 3 in Vancouver, after placing No. 1 in the 18-and-under 83-93-kilogram category. CONTRIBUTED

Lifted to new heights

ATHLETICS

Powerlifter breaks world records on way to first place

Adam Kveton
Metroland Media

For Katimavik resident Mark Plummer, the last year has been a steady slog of working full-time, training at the gym, prepping meals and then maybe some unicycling or gymnastics to switch things up.

But it all turned out to be worth it when the five-foot-six, 93-kilogram 18-year-old was crowned a powerlifting world champion.

On Dec. 3, Plummer competed in the Commonwealth Powerlifting Championships in Vancouver in the 18-and-under, 83-93-kilogram category. Not only did he win that competition, he broke several records in his category both for Commonwealth countries and the world, making him the new 2015 world champion.

"It feels pretty good to work really hard for something and finally it all pays off," said Plummer.

It was Plummer's last chance to be No. 1 in his age category before moving into a new bracket.

But even in the 19-23 category, with his current scores, Plummer would rank fifth in Canada — though the confident, competitive powerlifter said his goal goes well beyond fifth place.

"It's first place or nothing," he said.

So when he gets to a competition, his question is not "Who will win?" — it's "Who's coming in second?"

Plummer's work in the gym started several years ago as a fairly familiar story, he said. At a height of four-foot-nine and weighing about 98 pounds in Grade 8, Plummer got picked on regularly, so a friend of his introduced him to the gym.

Developing a liking for it, Plummer decided to compete.

"I did a body-building show and then just completely switched after I placed dead last," he said.

> **He was the best right from Day 1.**
> Mitch, father of Mark Plummer

Deciding to focus on strength over physique, Plummer tried out powerlifting, a competition that consists of lifting the greatest amount of weight you can in a squat, bench press and deadlift.

Expecting to find some strong competition, Plummer went to his first meet in Hamilton and found he had talent.

"He was the best right from Day 1," said Plummer's father, Mitch.

"I won the regional and then won provincials and set like all the records, and then I went back the next year and then broke all my records and then went to provincials and broke all my records and then won again," said Plummer.

A world record never far from his thoughts, and on the lookout for stiffer competition, the Commonwealth competition became Plummer's target.

Training six days a week with coach Jay Nera (plus a day of cardio to burn a few more carbs), Plummer put off his first year of university to go for the title.

The day of the competition turned out not to be his best, he said. Nonetheless, he surpassed the Commonwealth's squat record with a weight of 258.5 kilograms, as well as the world bench-press record within the International Powerlifting Federation with 170 kilograms and the world record for the total of his three lifts: 695 kilos, or 7.5 times his own body weight.

While he says his accomplishment has not quite hit him yet, he has an ultimate goal in mind: being the best in the world, which would mean lifting 1,104 kilograms in total.

But in the meantime, he hopes to start training other young athletes who are interested in getting into the sport, which remains not particularly well known.

Plummer's journey thus far has been a learning opportunity for his parents, who knew little about powerlifting when he began.

"I thought it was just put some heavy weight on your shoulders and away you go," said Plummer's mom, Lynn.

But seeing their son's success and passion grow has been rewarding, she said.

EMPLOYMENT

Census to bring 3K jobs to area

Michael Woods
Metro | Ottawa

Statistics Canada is hiring 35,000 people across the country to conduct the 2016 census, the first in a decade that will feature a mandatory long-form questionnaire.

About 3,400 of those temporary positions will be in the national capital region, the agency said Monday.

The Liberal government reinstated the mandatory long-form census in early November, a day after Prime Minister Justin Trudeau and his cabinet were sworn in.

The Conservative government had scrapped it five years ago, replacing it with the less reliable and more expensive National Household Survey amid much controversy.

The next census will be held starting in May 2016, when StatsCan will send census letters and packages to all Canadian households.

But early enumeration activities in remote areas of the territories and communities in northern Alberta, Saskatchewan, Manitoba, Quebec and Labrador are starting next month.

Statistics Canada said applications for those early enumeration activities, including guides, translators and drivers, are already being processed.

But overall, the agency is looking to hire 25,000 enumerators, 4,000 crew leaders and crew-leader assistants and 6,000 other positions across the country from mid-March to mid-July.

Of the 3,400 jobs available in the National Capital Region, about 2,000 positions will be for field staff, who will collect questionnaires.

Another 1,400 positions will be at the all-important census data operations centre, which is responsible for data processing as well as the census help line. Most of those jobs will be at 200 de la Technologie Blvd. in Gatineau. StatsCan says special bus routes will be arranged to and from the building.

A few of the help-line jobs will be at the Tunney's Pasture government complex in Ottawa.

"These jobs are ideal for students, recently retired persons, stay-at-home parents and those wanting to supplement their income," StatsCan's website says.

The control room for the reactors at the Darlington Nuclear Power Plant. **Environmentalists want the Ontario government to scrap a planned $13-billion refurbishment of nuclear reactors** at the plant, which is east of Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Cancel Darlington rebuild: Advocates

NUCLEAR POWER

Ontario Clean Air Alliance cites high cost

Lucy Scholey
Metro | Ottawa

Environmentalists want the Ontario government to abandon plans for a $13-billion refurbishment of four nuclear reactors at the Darlington generating station east of Oshawa, and instead import more electricity from Quebec.

The Ontario Clean Air Alliance says nuclear projects always run over budget, and it doesn't want to see taxpayers on the hook to pay for rebuilding the Darlington reactors that are owned and operated by Ontario Power Generation.

"Every single nuclear project in Ontario's history has gone massively over budget by 2-1/2 times," said Alliance president Jack Gibbons. "OPG says this project will cost $12.9 billion, but if history repeats itself it will be $32 billion."

Gibbons said even if the refurbishment came in on budget, the cost to taxpayers of maintaining about 2,225 jobs at Darlington would work out to nearly $6 million per job.

Greenpeace Canada, meanwhile, is concerned about the safety and health risks posed by nuclear power generation in the event of an accident, and says refurbishing the aging reactors at Darlington is not worth the risk.

"The government agencies mandated to protect the public are helping push the project through by concealing Darlington's true risks from the public," said Greenpeace spokesman Shawn-Patrick Stensil.

Quebec is the fourth-largest producer of electricity generated by water in the world, has the lowest power rates in North America, and could sell Ontario enough electricity to replace what would be generated by a refurbished Darlington, said Gibbons.

$32B

The projected real cost of a Darlington generating station refurbishment, according to the Ontario Clean Air Alliance.

Some existing transmission lines between Ontario and Quebec would have to be upgraded for an inter-provincial power deal, which the Clean Air Alliance estimates would cost $500 million but the Independent Electricity System Operator puts at closer to $2 billion.

Bruce Power announced plans last month to spend $13 billion to refurbish the nuclear reactors at the generating station it operates in Kincardine, on Lake Huron, and the private company will assume all risks of cost overruns.

Ontario's only other nuclear station, in Pickering, is scheduled to be decommissioned by 2020.

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Ottawa's hardiest stay out in the cold

WEATHER

Temperature dips don't trip outdoor types

Michael Woods
Metro | Ottawa

After a milder-than-average fall and warm start to winter lulled Ottawans into a false sense of security, the city was abruptly plunged into a deep freeze Sunday night, shattering any illusions that winter might not have been coming.

It was always coming. But it truly arrived overnight Sunday, with the temperature feeling colder than -30 C by early Monday morning.

The temperature climbed to -13 C on Monday, but Ottawa Public Health's overnight frostbite advisory remained in effect, with the agency imploring people to wear scarves, two pairs of socks, and larger-sized mittens over regular-sized gloves.

People bundled up accordingly, but the onset of cold weather didn't stop them from engaging in outdoor activities. They walked, ran, cycled and skated in open defiance of Mother Nature's cruel frigidity.

MICHAEL WOODS/METRO

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EMMA JACKSON/METRO

Superbug gene found in Ontario

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in The Lancet that set off alarm bells across the globe. Analyzing bacterial samples in southeastern China, researchers found 260 samples of E. coli with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

So far, there have been no reports of deaths caused by MCR-1 and some people could be harbouring the superbug asymptomatically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the Lancet paper, at least a dozen other countries have also found the MCR-1 gene. Scientists, looking through databases of bacterial samples, detected the gene everywhere from Denmark and Algeria to Laos.

Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. The Canadian findings have not yet been published but a case report has been submitted to the Lancet, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of E. coli, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

The Ottawa patient likely picked up the bug in Egypt, where she lived for several years, according to Dr. Baldwin Toye with the Ottawa hospital, who co-wrote a 2013 paper describing her case and four others.

Meanwhile, the ground beef samples were found nearly a year apart in different locations in Ontario, a butcher shop and a grocery chain, according to Mulvey. Both were collected in 2010 — predating the samples from China, which were collected between 2011 and 2014.

"To see it show up was a surprise for me," Mulvey said. "It supports that there's global dissemination of this gene already.… We're now going to have to look back even prior to (2010), because maybe it's been around for even longer."

TORSTAR NEWS SERVICE

A worker at a poultry farm in Hefei, China, on Nov. 20, 2015. Researchers in China have found E. coli with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

How bacteria fights back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like E. coli are evolving to defeat them.

1 Overuse
In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth. In humans, however, colistin is a last-resort treatment for bacteria like E. coli.

2 Evolution
When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin survive.

3 Survival
Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

SECURITY

Public safety minister to look into case of boy on no-fly list

When Sulemaan Ahmed saw his young son Adam's name on a "deemed high profile" list — and not for the first time — at Pearson airport before flying to Boston to see a hockey game he was so frustrated he tweeted a photo of it.

The photo appeared to show his son's legal name, Syed Adam Ahmed, with a DHP label and instructions on how to proceed before allowing the boy to check in.

"Why is our (Canadian-born) 6-year-old on DHP no-fly list?" Ahmed tweeted. "He must clear security each time. He is 6."

Khadija Cajee, his mother, says the family has faced "continuous delays" during travel since their son's birth, which appears to stem from the fact he shares a name with someone on the watch list. The family thought their case was unusual — and isolated. But since Ahmed's tweet last week, other parents have come forward to relate similar unpleasant experiences involving young children.

> **"You're surrendering this child's liberty in the name of national security.**
> Khadija Cajee, mother of Syed Adam Ahmed

For Naseer Muhammad Ali, the security checks began on his first flight, at 10 weeks old, with a pat-down at a Jamaican airport en route to Toronto.

"She checked his diaper — like, patted down the entire diaper," his mother, Khudija Ali said, referring to a security agent.

The family must receive clearance before boarding each time. They're not allowed to check-in online or pick seats in advance.

"It's not entirely common, but it's not unusual, either," said University of Toronto associate professor Emily Gilbert, who teaches Canadian Studies and specializes in Canada-U.S. border relations.

Public Safety Minister Ralph Goodale has said he would look into the family's case, but Cajee says she'd like to see changes to the system so this doesn't happen any more.

The hope, Cajee said, is that more identifiers be added to the list so border agents could distinguish between the person who's actually on the list and a passenger merely unfortunate enough to have a similar name.

TORSTAR NEWS SERVICE

Syed Adam Ahmed, 6, with his father, Sulemaan Ahmed. The Toronto boy is on a list that requires an additional travel security check. TORSTAR NEWS SERVICE

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Charlie Hebdo marks the anniversary of attacks. TWITTER

MEDIA

Hebdo's special copy out

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The 32-page copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by extremists that started with that day. Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Almost all of those believed responsible for the Jan. 7-9 attacks and the Nov. 13 carnage in Paris are dead as well. But Charlie Hebdo's special edition, with a front-page caricature of a bloody God wielding an assault rifle, darkly predicts that more violence is to come.

Laurent Sourisseau, the newspaper's director who goes by Riss, drew the cover and wrote an editorial describing the horror he survived that took the lives of friends and colleagues. He insisted the newspaper would remain alive because "never have we wanted so much to break the faces of those who dreamed of our deaths." THE ASSOCIATED PRESS

Ranchers report to jail, protesters stay on land

OREGON

Occupation continues against U.S. government

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife preserve.

Federal authorities made no immediate attempt to retake the Malheur National Wildlife Refuge in eastern Oregon, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. No one has been hurt. No one is being held hostage. And because the refuge is a bleak and forbidding stretch of wilderness, and it's the middle of winter, the standoff is causing few if any disruptions.

Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their property from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

Their sentences have been a rallying cry for the group, whose mostly male members said they want federal lands turned over to local authorities so people can use them free of U.S. oversight. THE ASSOCIATED PRESS

Brand Thorton blows a horn at Malheur headquarters. THE OREGONIAN/THE ASSOCIATED PRESS

EUROPE DENMARK AND SWEDEN DEAL BLOW TO BORDER-FREE ZONE
Danish police officers patrol the border crossing Padborg near Flensburg, Germany, Monday. Germany says Europe's system of passport-free travel across borders is in danger following the decision by Denmark to step up controls on its southern frontier. Denmark and Sweden tightened border checks Monday to stem the flow of migrants coming in from Germany, dealing fresh blows to the vision of a Europe without national boundaries. As of midnight Sunday, Sweden demanded that passengers travelling by train from Denmark show ID, something that hasn't been required since the 1950s.
ERNST VAN NORDE/POLFOTO VIA THE ASSOCIATED PRESS

DIPLOMACY

Saudi's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and the island kingdom of Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. Within hours, the United Arab Emirates announced it would downgrade ties to Tehran to the level of the charge d'affaires, while other nations issued statements criticizing Iran.

The concerted campaign by Sunni-ruled Saudi Arabia highlights the aggressive stance King Salman and his son, Deputy Crown Prince Mohammed bin Salman, have adopted in confronting Iran, a longtime regional rival.

"What we have seen during the last 24 hours is unprecedented... It shows you Saudi Arabia has had enough of Iran and wants to send a message," said Abdulkhaleq Abdullah, a political science professor at Emirates University. "This is the Saudis saying: 'There is no limit to how far we will go.'" THE ASSOCIATED PRESS

A man holds a poster of Nimr al-Nimr in the Baghdad, Monday. AFP/GETTY IMAGES

IN BRIEF

Lion-hunting raffle nixed

A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe. Martin Nel Safaris had been selling 100 tickets at $1,500 each. "The whole idea of it was to actually raise money for conservation," said Nel. "It's been blown out of proportion." The raffle drew criticism after reports linked it to the Wildlife Conservation Research Unit, which collared and studied Cecil, the lion whose death sparked a global outcry. TORSTAR NEWS SERVICE

UNITED KINGDOM

Cameron calls ISIL video propaganda

British Prime Minister David Cameron on Monday dismissed a new video in which five purported British spies are shot dead by masked Islamic State of Iraq and the Levant extremists as propaganda from a group that is losing control of territory.

"It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts and people can see that again today," he said.

"But this is an organization that's losing territory, it's losing ground, it's, I think, increasingly losing anybody's sympathy."

The video concludes with footage of a young boy wearing camouflage who makes a pointing gesture and says, "Go kill the kuffar (non-believer) over there."

British security officials are studying the video for clues about the identity of a masked man who speaks with a British accent before shooting a captive. The masked figure is an apparent replacement for Mohammed Emwazi, the man known as "Jihadi John," who was killed in November. THE ASSOCIATED PRESS

LAS VEGAS

Internet of Things big at gadget show

Computing devices such as smartphones, tablets, cars, television sets, microwaves, bedside alarm clocks, and possibly the thermostat have the potential to get smarter by connecting to their fellows, which could open the door to a brave new "Internet of Things."

To see where that might be taking us, there's no better place than the annual gadget extravaganza formerly known as the Consumer Electronics Show — and now simply as CES.

The show, which starts Wednesday in Las Vegas, is the place for companies large and small to show off new connected devices. These range from the seemingly trivial — for instance, smart umbrellas that message you if you leave them behind — to the undeniably helpful, such as navigation devices that display driving directions onto your windshield so you don't have to take your eyes off the road.

According to the McKinsey Global Institute, a division of the consulting giant McKinsey & Co., the value created by connecting the world's devices could hit $11 trillion US annually by 2025, a sum that represents over half of U.S. economic output in a year.

Most of the value comes from industrial uses — like cleaner air from smarter energy use and fewer factory shut-downs due to smarter maintenance. But trillions in benefits are expected to come from consumer-bought products: safer streets because of better-driving cars, robots that take care of household chores and health and fitness trackers that let us know when our bodies need medical attention.

"There's a big value in avoiding pain and suffering," says report co-author Michael Chui.

> **There's a big value in avoiding pain and suffering.**
> Michael Chui

In recent years, CES has begun catering more heavily to startups. That's largely a reaction to the fact that many of technology's biggest names have been no-shows for some time. Apple has skipped the show since the 1990s, and Microsoft's then-CEO Steve Ballmer gave the company's last CES keynote in 2012. Google parent Alphabet and Amazon.com hold their own events to release products.

THE ASSOCIATED PRESS

Attendees sit in the self-driving Mercedes-Benz F 015 concept car at last year's International CES. THE ASSOCIATED PRESS FILE

Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

Icewine industry feels chill of climate change

AGRICULTURE

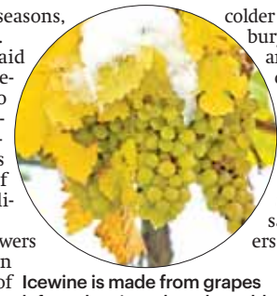
Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over the past two seasons, Sabourin said.



Icewine is made from grapes left on the vine when the cold hits. ISTOCK

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS

market minute

DOLLAR
71.73¢ (–0.52¢)

TSX
12,927.15 (–82.80)

OIL
$36.76 US (–28¢)

GOLD
$1,075.20 US (+$15)

NATURAL GAS: $2.334 US (–0.3¢)
DOW JONES: 17,148.94 (–276.09)

UNITED STATES

Gun sales soaring, new data indicates

Gun makers' stocks are surging in a slumping market, as new data indicates a sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States.

Recently released numbers from the National Instant Criminal Background Check System show that background checks jumped about 38 per cent last month. Wedbush Securities analyst James Hardiman says that indicates a sizeable sales increase during the year's final month.

That follows mass shootings in Paris and San Bernardino, Calif., and indications that U.S. President Obama plans to tighten gun laws. Hardiman says these developments all spur sales growth by making people feel less secure about their safety and gun rights.

Shares of Smith & Wesson Holding Corp. and Sturm, Ruger & Co. are climbing.

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metro VIEWS
Your essential daily news
Tuesday, January 5, 2016

the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was $18.80 per hour**. Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool $28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn

Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to … support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD
metroview

CEO salaries are an absurdity matched only by, it seems, intractability

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made $48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierer, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping software, so that must be what his $16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth $89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your $48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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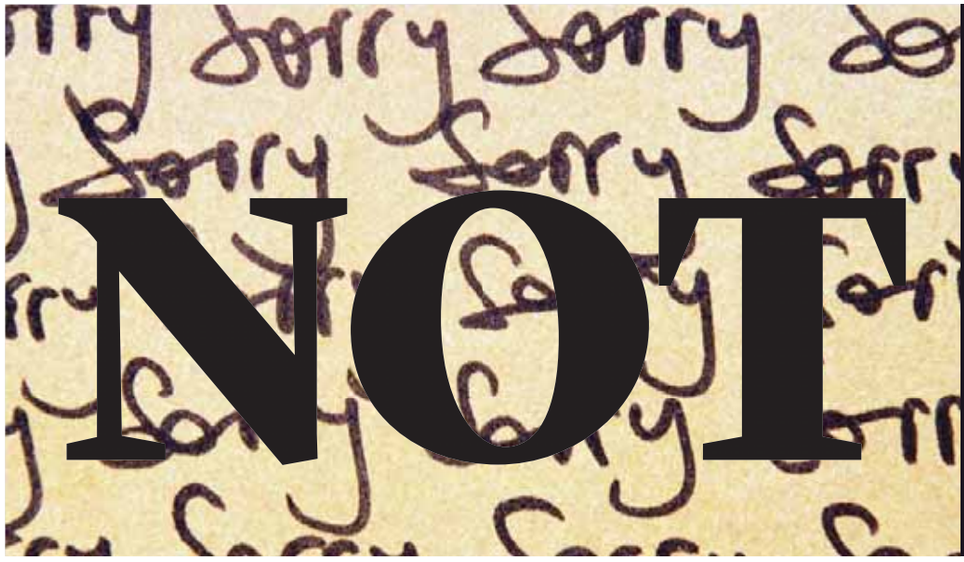

Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (Little, Brown and Company $20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (The Life-Changing Magic of Tidying Up).

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift. But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.

There's a key difference between "not giving a f—" and being an a–hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and politeness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun."

You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

TORSTAR NEWS SERVICE

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THIS WEEK: ***What is Invisalign?***

Come to terms with vaping

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or "vaping," has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV
"All day vaping" — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing
A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil
The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

The fast-growing vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

PG/VG ratio
A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

Stealth vaping
The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour for more discreet vaping in settings such as the office or a restaurant.

Throat hit
Refers to the intensity of a vaping hit. A good throat hit is analogous to that of a strong cigarette and can be affected by nicotine levels.

Vape on
An oft-uttered rallying cry for vaping enthusiasts. AFP

FITNESS TRENDS

Work out like the stars
A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet
Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing
Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX
Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bundchen, and Gwen Stefani, are all rumoured celebrity fans. AFP

MINDFULNESS

Whatever your resolutions, meditation can help you achieve them

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you stay on track and realize your goals.

What is mindfulness?
With its roots in Buddhist meditation traditions, mindfulness is a mental state that's achieved by focusing your thoughts on the present. That sort of focus means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

"Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are you paying attention to all the non-verbal cues?" says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. "The richest, most fulfilling human moments we have occur when we're really tuned in to one another."

Focus on the positive
When it comes to New Year's resolutions, mindfulness strategies can help you shift your focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

"It's important to think about what about this will be positive or rewarding for me. I'll enjoy not coughing as much, not having the smell of cigarettes on my clothing, I'll enjoy sharing with my friends that I've made this change," he says. By being aware of the positive gain, you're shifting your mind towards success.

Practice urge-surfing
If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on Facebook — you should try "urge-surfing," says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating in the first place. "If we don't give into that urge, it'll subside," he says. "We just have to ride or surf it out."

If you want to give up a bad habit, like constant snacking or always creeping your ex on Facebook, pay attention to your emotions, says psychologist Jonathan Kaplan. TORSTAR NEWS SERVICE

Start actually meditating
You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention for longer periods of time, and "cultivating that attitude of acceptance," says Kaplan. But that doesn't mean you need to sit in a lotus pose for half an hour — even just a few minutes at a time can help you get on track.

Kaplan suggests taking a meditation class or using an app to get the ball rolling. Kelly says it's also worth doing a mindfulness review at the end of each day, focusing on how you felt and if there were any obstacles you faced in hitting your goals. TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Leo's single again
Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating.

"They've been broken up for over a month," a source tells Us Weekly. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours
Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. Star magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?
NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming
Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, Mommy — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No."

He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.
NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: You're The Worst, Season 2, Episode 12 (FX Canada)
THE MOMENT: The Ultimatum

You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression . BYRON COHEN/FX

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming.

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUIZ

Can you speak self-entitled? Who said it: Schitt's or Smiths

Which self-entitled sibling duo dropped these outrageous lines: Schitt's Creek's Alexis and David Rose, or Willow and Jaden Smith?

On CBC sitcom Schitt's Creek, David and Alexis Rose (Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the younger Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before Schitt's Creek's second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."
TORSTAR NEWS SERVICE

ANSWERS

1. David Rose
2. Willow Smith
3. Alexis Rose
4. Willow Smith
5. David Rose
6. Jaden Smith
7. Willow Smith
8. Alexis Rose
9. David Rose
10. Willow Smith

metro SPORTS

"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal.

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.

Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS

> **He plays the game at full speed all the time.**
> U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with 11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES

SEMIFINALS

Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win. THE CANADIAN PRESS

NFL

Coughlin resigns as Giants head coach

With the New York Giants facing a difficult decision on his coaching future after four straight years out of the playoffs, Tom Coughlin walked away gracefully, doing what was best for him.

The Giants gave him 12 years to run one of the NFL's flagship organizations. He delivered two Super Bowls and restored the franchise to the league's elite for a while. It was mutually beneficial, and so was the departure Monday when the 69-year-old Coughlin resigned rather than force co-owners John Mara and Steve Tisch to fire him.

Tom Coughlin GETTY IMAGES

The Giants announced the decision one day after the Giants (6-10) capped their third straight losing season with a 35-30 defeat against Philadelphia. THE ASSOCIATED PRESS

FOOTBALL IN BRIEF

Broncos coach mulling over who to start at QB

Gary Kubiak isn't ready to say who his starting quarterback is for the playoffs. He's just knows it's a nice problem to have: Peyton Manning or Brock Osweiler.

The Broncos (12-4) secured the AFC's top seed when Manning replaced Osweiler on Sunday and led Denver to a 27-20 win over San Diego.

Kubiak said he'll take the next few days to make up his mind. THE ASSOCIATED PRESS

Redblacks extend Evans

Canadian defensive lineman Zack Evans agreed to a two-year contract extension with the Ottawa Redblacks on Monday.

The 25-year-old Regina native was tied for second on the team with seven sacks last year. He also scored a touchdown on a 66-yard interception return.

"I'm looking forward to getting back on the field next season and helping the team take that next step — winning a Grey Cup." THE CANADIAN PRESS

SOCCER

Madrid fires Benitez, Zidane put in charge

Real Madrid fired coach Rafa Benitez on Monday after only seven months and replaced him with its former star player, Zinedine Zidane.

Club president Florentino Perez announced the decision at the Santiago Bernabeu stadium on Monday, a day after Madrid's 2-2 draw at Valencia deepened a crisis that started with an embarrassing 4-0 home loss to rival Barcelona in November.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona, which has a game in hand.

> **I'm going to put all my heart into Madrid.**
> Zinedine Zidane

Zidane has been coaching Madrid's "B" team in the third division. THE ASSOCIATED PRESS

RECIPE Baked Eggs with Mushrooms

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
Prep time: 20 minutes
Serves 2

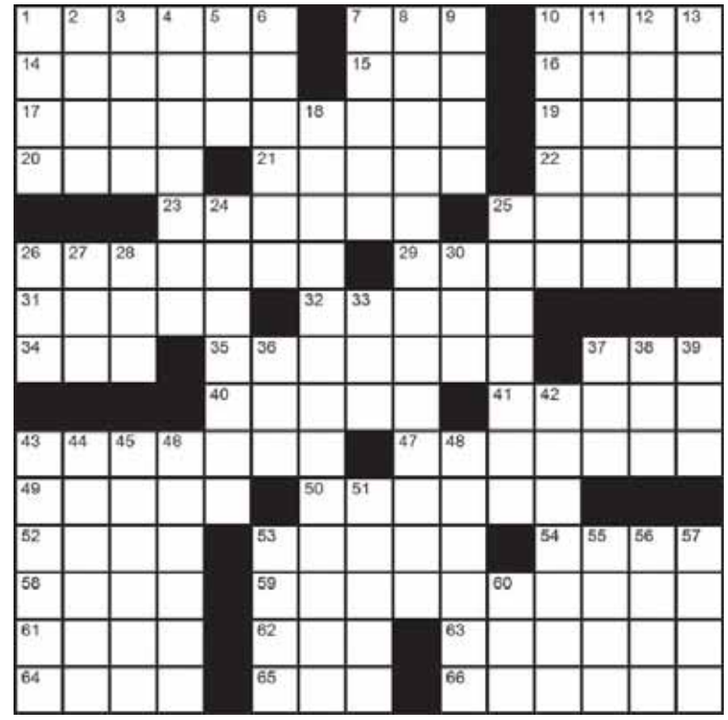
Ingredients
- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (maybe 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions
1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in The Grapes of Wrath: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera Pagliacci
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated __
31. __ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore
52. Not is
53. Mary __ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine
62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

DOWN
1. Droops
2. Gloom
3. Jai __
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally
7. "Lorna __" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: "__ __ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. __. Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old __ (Not in style)
38. "__ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. __ heels (Retro style shoes)
48. Mike __, Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + ___ = Verizon

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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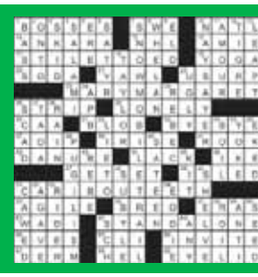
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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8	3	7	2	9	1	5	4	6

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